

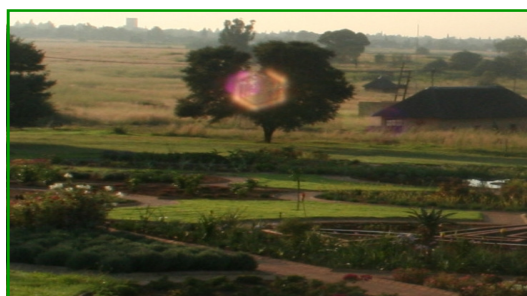
# The Star Garden Labyrinth

Tel: 011 867 7010 or 078 622 1336  
or e-mail: [stargardenmatrix@gmail.com](mailto:stargardenmatrix@gmail.com)

The Labyrinth is an ancient tool that has been used in cultures all over the world and dates back over 4000 years. It offers a space of peace, love, healing and wholeness. A walk in the Star Garden is a gift that can lead to discovery, insight, peacefulness, connectedness and well being.



- **BENEFITS OF LABYRINTH WALKING:**
  - Deepening spiritual awareness
  - Expanded prayer life
  - Experiencing peacefulness and connectedness
  - Fostering unconditional love for self and others
  - Triggers relaxation response
  - Soothing and restorative following trauma
  - Conflict resolution
  - Problem-solving
  - Increased concentration
  - Restoration of mental clarity following trauma or disaster
  - Stimulation of the imagination and creativity
  - Helps lift depression
  - Helps reduce negativity
  - Can be used for emotional ceremonies such as weddings
  - Community outreach
  - Multigenerational / multicultural understanding
  - Increased self-knowledge and understanding
  - Stress management
  - Healing grief and loss
  - Improved morale
  - Increased productivity
  - Greater cooperation and teamwork
- **HEALTH BENEFITS:**
  - Regularly eliciting the relaxation response can result in:
    - Lowering blood pressure
    - Lowering breathing rates
    - Reducing incidents of chronic pain
    - Reducing insomnia



[www.stargarden.co.za](http://www.stargarden.co.za)